

Concepts to Consider re: Service Planning

"Nothing about me without me"

Proper individual planning requires an accurate understanding of the child's strengths, goals, and needs as discovered through the relationship with the provider – this relationship should shape and form both the process and the product.

Plan development "meets the child and family where they are".

Focusing on strengths, fostering independence, and promoting self-determination can help families realize hopes and dreams for their children – even in the face of substantial challenges.

Individual planning should be:

- Opportunity for creating thinking
- Successful strategy for managing complexity
- Opportunity to build alliance with child and family
- Mechanism for acknowledging strengths and resources of the child and family
- Means of assuring provision of person-centered effective services
- Process for creating a guide for the child and family

The Individual Service Plan is a contract between providers and the child and family – an agreement detailing who is to do what and when to help the child and family realize their hopes and dreams.

Active participation is valued and must be balanced with individual choice, preferences, and comfort.

First level of care = natural supports and self-management. As needs change, so does the response in relation to increased team involvement.

Specific functions of the Individual Service Plan:

- Build alliance with children and families served
- Assure that assessments and services are culturally competent
- Describe strengths, needs, preferences, and the roles of the child and family
- Identify and establish criteria for expected outcomes and transition/discharge
- Document medical necessity and anticipation of frequency, intensity, and duration of services
- Support service documentation and billing

- Consider and include alternatives, natural supports, and community resources
- Identify responsibilities of team members including child and family
- Increase coordination, collaboration, and multi-disciplinary interventions within the Team
- Decrease fragmentation and duplication of services
- Prompt analysis of available times and resources
- Establish role of child and family in plan implementation
- Establish treatment and service priorities
- Work with people of different ages, developmental levels, genders, race, and ethnic cultures
- Interpret data
- Recognize value of thoroughness and completeness

The Individual Service Plan is NOT:

- Written in jargon understood only by professional providers
- Disconnected from assessment data and formulation
- A stand alone to goals and objectives unrelated to assessment data
- Merely a completed form
- Solely based on children and families' deficits, disabilities, and problems
- Written simply to satisfy funding and regulatory requirements, signed, and then filed away never to be used again

Must ensure:

- Goals, objectives, and interventions are specific, measurable, attainable, realistic, and time limited
- Goals, objectives, and interventions address symptoms, skills, and resources
- Each service provided is linked to a goal, objective, or intervention
- Assessment findings are linked to goal, objective, intervention, or plan